

About Your ENG

(Electronystagmography)



IH-III-48
R.D. 6/01
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What is an ENG?

ENG stands for electronystagmography. This test measures your balance system.

How is the ENG done?

Electrodes (small wires) will be taped to your forehead and around your eyes. Your balance system is tested by changes in your position (like turning your head from side to side), movements of your eyes, and the way you react to air temperature changes in your ears. You will be asked to move your head and do other small tasks. The ENG will last about one hour.

Before the test:

1. Do not wear makeup. Do not put oils or creams on your face or hair the night before the test.
2. Do not drink any coffee, tea, cola drinks or alcoholic beverages (beer, wine or hard liquor) for 24 hours before the test.
3. For 24 hours before the test, **do not** take these medicines:
 - antihistamines
 - medicines for control of dizziness
 - sedatives or tranquilizers

It is all right to take heart or seizure medicines.

If you have a question about your medicines ask the doctor. Call (214) 590-5604.

4. **If you are a diabetic** please take your insulin and eat as you need to in order to keep your blood sugar steady.
5. Do not eat for 6 hours before the test. The test may cause some dizziness which may cause you to feel a little bit sick to your stomach (like being carsick). The dizziness will last only a few minutes.
6. Wear comfortable clothes.
7. Come 15 minutes early to check in at the registration desk on the fifth floor.
8. Be sure you have someone drive you home after the test.